



# Mansfield Community Center Gymnasium Schedule 1/2/14-1/31/14

Community Center	SUN	MON	TUE	WED	THU	FRI	SAT
5:30am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
6:00am		OPEN	Boot Camp	OPEN (Full Gym) 6:00 - 8:30A KETTLE BELLS (1/2)8:30-9:30A	BOOT Camp	OPEN	OPEN
7:00am		MCC Pump	5:35-6:20A		MCC Pump	6:00 - 7:15A	(Full Gym)
7:30am		7:00 - 8:00A	40+ BB (Full Gym) 7:15 - 9:15A		7:00 - 8:00A	40+ BB	6:00 - 8:15A
8:00am	OPEN (Full Gym)	OPEN			(Full Gym)	GRADES 3&4 HOOPS (Full Gym) 8:15-12:45P	
8:30am	(Full Gym)	8:00-9:00		(Full Gym)			
9:00am	8:00 - 10:00A	TRX 9-9:30		7:15 - 9:15A	8:00 - 9:30A		7:15 - 9:15A
9:30am	FG (1/2 Gym) 10:00 - 2:00P	TOT	TOT	TOT	TOT		
10:00am		(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)		
10:30am		9:30 - 12:00P	9:30 - 12:00P	9:30 - 12:00P	9:30 - 12:00P		
11:00am		OPEN	MCC PUMP	OPEN	Kettlebells	Instr. Choice	
11:30am			1/2 (12:15-:45P)		1/2 (12:15-:45P)	(1/2)12:15-12:45P	
12:00pm			OPEN		OPEN	OPEN	
12:30pm			(Full Gym)		(Full Gym)	(Full Gym)	
1:00pm		12:00 - 2:30P	12:45 - 2:30p	12:45 - 2:30P	12:45 - 2:30p		
1:30pm	OPEN (Full Gym) 2:00 - 6:00P	HS/MS OPEN	HS/MS OPEN	HS/MS OPEN	HS/MS OPEN		
2:00pm		(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)		
2:30pm		2:30 - 5:00P	2:30 - 5:00P	2:30 - 5:00P	2:30 - 5:00P		
3:00pm							
3:30pm		ASF	ASF	ASF	KARATE		
4:00pm		(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)		
4:30pm		5:00 - 6:00P	5:00 - 6:00P	5:00 - 6:00P	4:30 - 6:00P		
5:00pm		FUTSAL (SOCCER) (Full Gym) 6:00 - 7:55P	OPEN	WORK CIRCUIT	Family	OPEN	
5:30pm	(Full Gym)		(1/2 Gym)	(1/2 Gym)	(Full Gym)		
6:00pm	6:00 - 7:30P		6:00 - 7:30P	6:00-7:30P	6:00 - 7:00P		
6:30pm	ADULT OPEN		TRX 7-7:30	ADULT OPEN	TRX 7-7:30		
7:00pm	FACILITY CLOSES 8:00P	BASKETBALL	FUTSAL	BASKETBALL	ADULT OPEN		
7:30pm		(Full Gym)	(SOCCER)	(Full Gym)	VOLLEYBALL		
8:00pm		7:30 - 9:55P	(Full Gym)	7:30 - 9:55P	(1/2 Gym)		
8:30pm					7:30 - 9:55P		
9:00pm	FACILITY CLOSES AT 10:00P MONDAY - FRIDAY						
9:30pm							
10:00pm							

## Key and Descriptions

OPEN = Open Gym (for all ages)

TOT = Tots and Parent Open Gym (FREE for Members)

ASF = After School Friends Pre-registered Program

HS/MS OPEN = High School and Middle School Open Gym

FG = Family Gym (Parent/Guardian with child(ren) only).

Open Volleyball = Drop in program for Adults/High School Students

Adult Open Basketball 18+ and out of HS

Futsal = Soccer Alternative Drop In Program 16+

40+BB = 40 years of age and older ONLY Basketball

MCC PUMP = Pre-registered Fitness Class

KETTLEBELLS = Pre-registered Fitness Class

WORK the CIRCUIT = Pre-registered Fitness Class

BOOTCAMP = Pre-registered Fitness Class

TRX = Pre-registered Fitness class

Instr. Choice = Pre-registered Fitness Class

\*\*\*When 1/2 Gym is reserved/scheduled

the other 1/2 is Open Gym\*\*\*

MCC reserves the right to alter this schedule

Please call us or check the town web

for updates at [www.mansfieldcc.com](http://www.mansfieldcc.com)

\*\*\*\*\*GYM RESERVED\*\*\*\*\*

Fri. 1/3 6:30-9:30P: Family Fun Night

Sat. 1/11 1:30-2:30 Birthday Party

Sun. 1/12 11:30-12:30 Birthday Party

Sat. 1/18 4:30P-7:30: Family Fun Night

This schedule available online at [www.mansfieldcc.com](http://www.mansfieldcc.com)